



Grant County Health Dept

111 South Jefferson St, Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

Volume XXIV Issue III

March 2018

Your Baby's Developing Sight

The wonders of the world are often first encountered through the eyes of a child.

Without good vision, a child's ability to learn about the world becomes more difficult. Vision problems affect one in 20 preschoolers and one in four school-age children. Since many vision problems begin at an early age, it is very important that children receive proper eye care. Untreated eye problems can worsen and lead to other serious problems as well as affect learning ability, personality and adjustment in school.

Newborns - The acuity (sharpness of vision) of newborns is less than fully developed. They usually prefer looking at close objects, and are especially attracted to faces and by objects that are brightly colored or of high contrast and moving.

3 Months - By this age, most babies can smoothly follow a moving object and can hold their eyes on it even when the object stops. The colors, details and moving parts of mobiles in cribs fascinate infants and help stimulate their visual development.

3 to 6 Months - By now, the retina of the eye is quite well developed, and the baby's visual acuity is good enough to permit small details to be seen. The infant is able to look from near to far and back to near again. Judgment of distances (depth perception) is also developing.

6 Months - At 6 months of age, the eye has reached about two thirds of its adult size. Usually by this stage, the two eyes are fully working together, resulting in good binocular vision. Distance vision and depth perception are still improving.

1 Year Old - By the age of one, a child's vision is well on its way toward full development. Coordination of the eyes with the hands and body are naturally practiced by children and can be enhanced by games involving pointing, grasping, tossing, placing and catching.

2 to 5 Years Old - The preschooler is typically eager to draw and look at pictures. Stories connected to pictures, drawings and symbols often captivate the child and help to coordinate hearing and vision.

For more information contact Prevent Blindness at 1-800-331-2020 to request a free copy of their Newborn, Infant and Toddler Vision Guide.

Source: Prevent Blindness

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.

Kids in the Kitchen

Letting kids learn to cook HELPS you and is a great way to be a healthy role model. Get your children to help in the kitchen. To be safe, think about what children are capable of doing and encourage proper handwashing.

Two-year olds can learn to use their arms and hands to scrub, tear, snap, and dip—let them help make salad!

Three-year olds use their hands and fingers better to pour, mix, spread, and shake—have them help make sandwiches or salad dressing.

Four-year olds are perfecting fine motor skills with hands and fingers to peel, mash, crack eggs and roll—making fruit salad or mashing veggies.

Five-year olds are learning hand-eye coordination to measure, cut, grind and grate foods. Let them help you measure ingredients and do more food preparation.



Source: *Raising Healthy Eaters*, UW-Extension

For more information on eating healthy at home, visit www.choosemyplate.gov or <http://fyi.uwex.edu/foodsense/> or

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

*(Immunizations given at all these clinics)
(Flu Shots also available at all clinics.)*

Mar 15th – Platteville Lutheran Church of Peace - 9:00am to 3:30pm

Mar 20th—Cuba City St Rose—Mazzuchelli Hall - 9:30am to 3:30pm

Mar 22nd—Platteville Lutheran Church of Peace - 9:00am to 3:30pm

Mar 27th—Lancaster Schreiner Memorial Library - 9:00am to 3:30pm

Mar 28th —Late Lancaster Schreiner Memorial Library - 3:00pm to 6:30pm

Apr 5th—Platteville Lutheran Church of Peace - 9:00am to 3:30pm

Apr 10th—Boscobel United Methodist Church - 9:30am to 3:30pm

Apr 11th—Fennimore United Methodist Church - 9:00am to 3:30pm

Apr 17th—Cuba City St Rose—Mazzuchelli Hall - 9:30am to 3:30pm

Apr 18th—Late Boscobel Tuffley Center—2:00pm to 6:30pm

Apr 19th -Platteville Lutheran Church of Peace - 9:00am to 3:30pm

MARCH

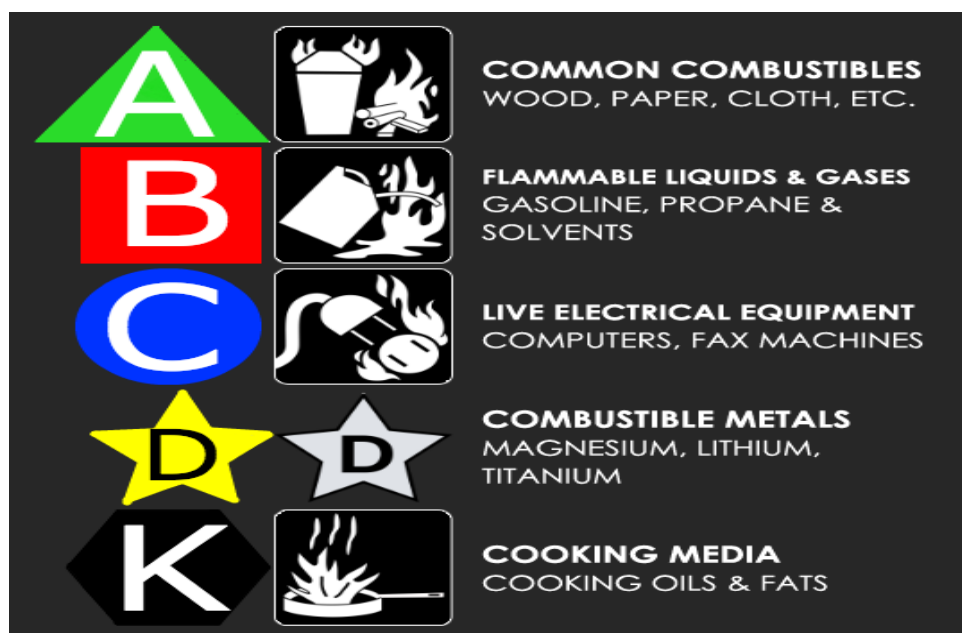
Grant County Health Dept will be closed at noon on March 30th.

Fire Safety

During 2010-2014, roughly one of every 338 households reported a home fire per year. It is important to prepare you and your family in case a fire does happen, as seconds can mean the difference of escape. What can you do to be safe and prepared?

- Have a fire escape plan and practice the plan twice a year.
- Install smoke alarms on every level of the house and near sleeping areas.
- Check the alarms monthly to ensure they are working.
- Have an easily accessible fire extinguisher available.

There are 5 primary types of fire extinguishers. See the image to the left. Types A, B, and C are most commonly found in homes and business. Many home improvement stores sell multi-purpose fire extinguishers that cover class A through C, be sure to check the label when purchasing.



When using a fire extinguisher think PASS.

Pull the pin. Hold the nozzle away from you when pulling the pin.

Aim low, pointing at the base of the fire.

Squeeze the lever.

Sweep the nozzle from side-to-side.

Don't forget carbon monoxide detectors in your home either, they may save your life too.

Sources: www.usfa.fema.gov/prevention/outreach/extinguishers.html;
National fire Protection Association, www.nfpa.org

Stop Searching- Just Call!

With the Internet at our fingertips, it is tempting to go online to search for answers to our medical and poisoning questions. For many people the internet helps them avoid the fear and embarrassment of calling 911 or going to the ER. However, calling the Poison Help hotline at **1-800-222-1222** will connect you to experts at your local poison center who will answer any poison-related question. They provide the confidentiality of the Internet but with an immediate, expert answer.



Services Are:

- Available 24 hours a day, 7 days a week
- Free to the public
- Confidential
- Provided by specially-trained nurses, pharmacists, or doctors
- Available to people with hearing problems.
- In English and other languages

For life-saving treatment advice about any kind of poison, anywhere in the United States call **1-800-222-1222**.



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